

<b>week 62:</b>	<b>"sleeping beauty"</b>
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**Once upon a time, many years ago, a King and Queen lived in a country far away. They were very sad because they could not have any children. They had everything else their heart desired except the most important thing in life. <sup>1</sup>**

**Games:**

*I wonder what country they lived in – let us see:*

1. **Active Game:** Country Conundrum (Similar to Simon Says)

Cubs run around and the Leader calls out instructions:

"The King says do this" – raise your hands.

"The King says do this" – run on the spot.

"Do this" – clap your hands. (All the Cubs who actually do this are "out")

Carry on until there is one Cub left. This Cub may choose the country the King and Queen are from.

*One day the Queen was walking by herself by the side of the river and she noticed a little fish that had thrown itself out of the river. The Queen threw the fish back into the river but before doing so it had a special message for her.*

2. **Relay Game:** Fishing Fun for Food

This game has two purposes. To find the special message plus to learn what the healthy food groups are. Bad fish (food groups) can be thrown back into the water.

Cubs in relay formation; each Six with a fishing rod. They run forward and "fish". If they pull out a food group (example: protein) they need to decide if this is what we need to eat. If correct they take the "fish" back with them. If they pull out a food group (example: sweets) they need to decide if this is good for us, if not they throw the "fish" back, and run back to their Six. If they pull out the secret message, they win a bone for their Six! (The secret message = Queen will have a baby daughter).

*Time to celebrate, a daughter has been born!*

3. **Team Game:** To taste that food

Choose three 'taggers'. Each tagger has a different colour arm band and a matching colour hoop (dinner table). The taggers stand between the Cubs and the food in the distance. The Leader calls out different statements:

"Those with blonde hair"

"Those with black shoes"

"Those with coloured shirts", etc.

Try and get four or five Cubs to run at a time. The taggers must try and catch them. Whoever catches a Cub, then that Cub stands in the taggers hoop. This goes on for a little while. Those that get through to the other side may choose a special food to eat at the banquet table.

*Do you know that there are lots of nasty things we find in and around our house – just like that nasty fairy – bad poisons – which we must never ever touch!*

#### 4. **Quiet Game:** Bad Fairy Poisons

Cubs sit on the floor in front of the Leader. The Leader holds up articles and the Cubs must indicate if these are harmful or not. Example: The Leader holds up a bottle of JIK – Cubs shout out HARMFUL. The Leader holds up a bottle of RATEX – Cubs shout out HARMFUL. The Leader holds up a loaf of BREAD – Cubs shout out NOT HARMFUL, and so on.

*That bad fairy put a curse on the daughter!*

#### 5. **Revision Game:** Poison Safety

Cards are made with a name of a poison on one side and a remedy on the other. (The Leader to source the information).

Examples:



These are cut into puzzles pieces. One half is given to a Cub and the "remedy" side is hidden inside or out in the grounds. Cubs (or in Sixes; or Teams) must now go and find the partner, read it and make sure they know the remedy. They will come back into the hall and tell all the other Cubs what to do with the poison.

*What did the prince give the princess....?*

6. **Circle Game:** Smile; Present; Sweet

Cubs are given names – smile; present; sweet. When the Leader calls "smile", all the smiles jump up and run in a clock-wise direction around the circle and back to their place. First one to sit wins the round.

**Sense Training:**

*With everyone sleeping, do you think the castle was quiet?*

1. **Hearing:** What's behind that door?

Have noises that Cubs listen to that are coming from the tower upstairs, e.g. talking, spinning, clapping, stamping, squeaky stairs, curtains being drawn, etc.

*All the clothes everyone was wearing were 100 years old!*

2. **Feeling:** The Princess Spins

Have different types of garments and wool and items one would find in a room, e.g. wool, material, shoe, mirror, plate, brush, etc.

3. **Sight:** What tree is this?

Pictures of different trees and their names can be put up around the hall. Cubs need to go and look and remember.

**Yarn:**

Sleeping Beauty

Once upon a time there lived a good king and his queen. They had no children for many years and were very sad.

Then one day, the queen gave birth to a lovely baby girl and the whole kingdom was happy. There was a grand celebration and all the fairies in the kingdom were invited. But the king forgot to invite an old fairy. She came to the celebrations but was very angry. Soon it was time to gift the baby with special wishes. The good fairies wished her well and said, "May she grow to be the most beautiful girl in the world! She will sing sweetly and dance so well! She will live happily!" All the fairies blessed the baby and gave her beautiful gifts.

When it was the old fairy's turn, she said, "When the baby is sixteen she will touch a spindle, and die!" The king and queen were shocked and begged the fairy to forgive them and take her words back but the fairy refused to do so. When the other fairies saw the king and queen crying, they said, "We cannot undo what the old fairy has spoken. But we certainly can make it different. Your child shall not die when she touches the

spindle. But she will fall into a deep sleep for a hundred years. Then, a prince will come along and wake her up." Hearing this, the king and the queen were relieved. The king forbade everyone from spinning so that the princess would never touch a spindle.

The princess grew up to be a kind girl and helped people in need. Everybody loved her. Years passed. When the princess was sixteen years old, she was walking in the woods when she saw an old lady spinning. "What is this? May I try?" she asked. The old lady said, "Of course, my pretty little child!" And the princess sat down to spin. But the moment she touched the spindle, she fell to the floor in a deep slumber. The old lady took her back to the palace and the king and queen laid her on her bed and tucked her in. They were very sad and called the good fairies. The fairies felt sorry for them and cast a spell over the whole kingdom so that when the princess woke up after a hundred years, she would not be alone in the palace. Everyone, including the guards and the servants and the animals were now fast asleep. For a hundred years, they all slept soundly.

A hundred years passed. There came a prince from a far off land. He, along with his servants, went deep into the forest and crossed many rivers. Once the prince lost his way and was separated from the rest of the travellers. He came to the sleeping kingdom and was amazed. The guards, the servants, the cats and the cows were all fast asleep and snoring.

The prince reached the palace and entered it. No one moved. The prince then found the sleeping princess. She was such a beautiful girl that the prince kissed her. By that time, a hundred years had passed by and everyone was waking up, one by one. The princess yawned and opened her eyes. She saw the prince and smiled. She asked him "Are you my prince?" He was happy to hear her speak. The prince and the princess fell in love with each other. The prince wanted to marry the princess so they went to ask for permission from their parents.

The king and the queen arranged for a royal wedding. All the clothes the bride wore were a hundred years old, but she looked beautiful. Soon, they were married and then they rode away to the prince's kingdom far, far away.

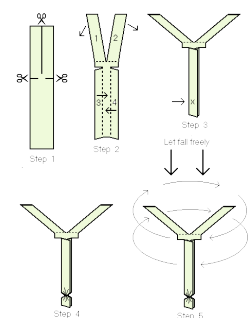
### **Craft/Activity:**

1. **Craft:** Spinning/Weaving – God's Eye

<http://www.auntannie.com/FridayFun/GodsEye/>

2. **Activity:** Dancing Fairies

Take the template and, if you like, you can draw pictures of fairies on them before printing. Cut them out and have fun by throwing up into the air.



### **Singing/Playacting:**

1. **Singing:** The Court of King Caractacus

This is one guaranteed to impress your audience if you can keep breathing right the way through. It has just one line, which is introduced bit by bit through the song and repeated 4 times per verse.

The first verse is:-

The ladies of the harem of the court of King Caractacus were just passing by (repeated 4 times).

This bit is then added to every time around as follows, and the whole thing is repeated 4 times per verse. That is why you need lots of breath especially for the last verse.

The noses on the faces of .....

The boys who put the powder on .....

The fascinating witches who put the scintillating stitches in the britches of.....

The last verse, which is not repeated, is:-

Now if you want to take some pictures of the fascinating witches who put the scintillating stitches in the britches of the boys who put the powder on the noses of the faces of the ladies of the harem of the court of King Caractacus...then you're too late, cos they just...passed...by!

Or

**Singing:** Eat More Fruit

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## 2. **Playacting:**

When the queen was walking by the river, can you image if these were some of the wishes the fish granted! (Write these on paper and have the Cubs mime them out – others to guess what the fish granted).

1. The queen can only walk around on her hands and knees!
2. The queen has to wear her clothes backwards from that day forth!
3. The queen has to do everything backwards. Hello = goodbye

Etc.

### **Advancement covered:**

#### **Silver Wolf:**

*Awareness Challenge - Healthy Living:* Revision on the understanding and importance of good eating habits.

#### **Gold Wolf:**

*Home Safety:* Find out how to treat the effect of poisons that can be found at home.

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<sup>1</sup>Sleeping Beauty – Grimm Brothers